

WHERE CAN I FIND A SHAPE UP APPROVED RESTAURANT?

The list of Shape Up Approved Restaurants is ongoing and includes:

UNION SQUARE AREA:

Bloc 11 11 Bow St
Café Belo 120 Washington St
Neighborhood Restaurant 25 Bow St
Romarong Thai Tapas
255 Washington St
Sabor do Brasil 447 Somerville Ave
Sherman Café 257 Washington St
Sherman Market 22 Union Square Sweet
Ginger Thai Cuisine 22 Bow St
Cantina La Mexicana
247 Washington St

MAGOUN SQUARE AREA:

Basil Tree Catering 514 Medford St
Caranova Restaurant 505 Medford St
Wang's 509 Broadway

DAVIS SQUARE AREA:

Dave's Fresh Pasta 81 Holland St
Diesel Cafe 257 Elm St
Farmer's Bounty 234 Elm St
Lemon Thai Cuisine 215 Highland Ave
Martsa on Elm 233 Elm St
Out of the Blue 215 Elm St
Pulse Café 195 Elm St
Snappy Sushi 420 Highland Ave

EAST SOMERVILLE AREA:

Fasika 147 Broadway
Gauchao Brazilian Cuisine
102 Broadway
Rodizio 129 Broadway

TEELE SQUARE AREA:

Holland Street Cafe 237 Holland St
Sabur Restaurant 212 Holland St
Teale Square Café 1153 Broadway

BALL SQUARE:

True Grounds 715 Broadway



THE SHAPE UP APPROVED CAMPAIGN

Shaping Up
Local Somerville Eateries
Since 2003



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For Questions or
Concerns Please Call:
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WHO WE ARE

The Shape Up Approved Campaign is promoted by Shape Up Somerville—an initiative within the Somerville Health Department. We encourage restaurants and markets to sell and promote healthy foods. Shape Up Somerville is committed to keeping healthy, affordable foods in every neighborhood. Along with an active lifestyle, eating healthy food keeps us feeling energized and strong.

At Shape Up Somerville, we recognize that dining out at restaurants sometimes leaves us with limited healthy options. For this reason, we have launched the Shape Up Approved Campaign to help Somerville residents and visitors to go out to eat and make healthy choices. Look for our decal in the windows of local restaurants, and dine at these places for guaranteed healthy eating.



HOW WE ACHIEVE HEALTHY EATING

Shape Up Somerville Approved restaurants, markets, and businesses follow healthy criteria to allow their customers, hassle-free ways to eat healthy while eating away from home.

For example, they encourage healthy eating and they:

- *Have fruit and/or vegetables available*
- *Highlight the healthiest meal options*

- *Have low-fat or reduced-fat dairy options available*

- *Are Trans-Fat Free*
- *Display the Shape Up Somerville Seal of Approval in their window*
- *Encourage eating half and taking the rest "to go"*

We also encourage businesses to display walking and biking maps and/or bus information to help their customers lead more active lifestyles. In general, for a 160 pound person, you burn 100 calories walking one mile. Walking or biking one mile everyday instead of driving will allow you to burn calories, build muscle, breathe in fresh air, and reduce your carbon footprint.



HEALTHY FOODS FOR HEALTHY KIDS

We encourage restaurants to highlight healthy kid meals. Kids should be offered nutritious, tasty foods that are low in sugar, fat, and sodium. Restaurants should reinforce healthy habits and offer:

- *Vegetables with all main courses*
- *Vegetarian options*
- *Lean meats that are grilled, not fried*
- *Fruits and veggie sides*
- *Low-fat milk or water*

WHY SHOULD I LOOK FOR HEALTHY CHOICES?

Healthy eating leads to an overall better lifestyle. When we eat healthier, we live longer, and feel better in general. We have more energy to do the things we love and care about. You don't have to be a health nut in order to want healthy food options. Everyone deserves a chance to eat better. The small decisions that we make every day—such as choosing more fruits and vegetables and cutting out unhealthy processed and fast foods—go a long way in contributing to our overall health.



WHAT CAN I DO AS A CUSTOMER?

Thank business for participating: Let them know you are buying and appreciate their healthy options

Ask for healthy choices make healthy choices and ask business owners to sell more healthy foods. Eat at least 5 servings of fruit and vegetables each day. Choose low-fat dairy options.

Spread the word and share your experiences at Shape Up Approved Restaurants with your friends. Remember, we do not have to sacrifice healthy eating when we dine away from home.

Be aware and let us know about any local restaurants, markets, or businesses that you think should be included on our list of Shape Up Approved Restaurants.